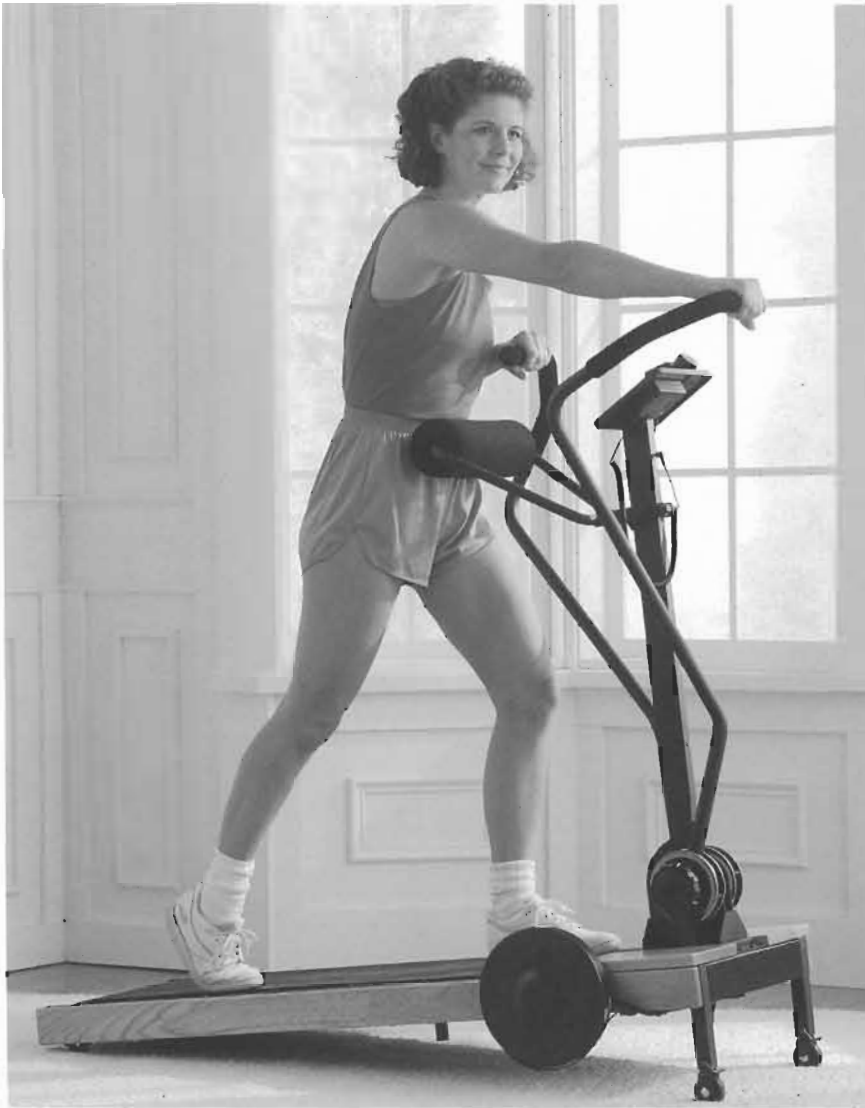


NordicTrack's **WalkFit**[®]
CLASSIC



*“The World’s
Best Walking
Workout”™*

Owner’s Guide

Welcome to the WalkFit Classic

Congratulations! You have made an excellent investment in your health.

The WalkFit® Classic™ aerobic exerciser offers a total-body workout that is safe, simple and effective. Decrease your body fat, improve your cardiovascular fitness and tone your muscles with the smooth, natural motion of the WalkFit Classic nonmotorized treadmill.

WalkFit Classic means total-body workout.

WalkFit Classic is a unique nonmotorized treadmill that actually lets your legs set the pace as you walk or run. And that means more confident steps for you – you're always in control. You won't have to deal with the jarring motion of most treadmills or the feeling that you can't keep up with the belt.

WalkFit Classic has made walking a more effective total-body exercise. Unlike ordinary treadmills and walking that focus only on your lower body, WalkFit Classic tones your upper body and arms along with your lower body. This enables you to burn more calories during a workout. In fact, you can burn 53% more calories with WalkFit Classic than with motorized, lower-body treadmills.

WalkFit Classic means safety.

WalkFit Classic's total-body, cardiovascular workout is low-impact and safe for your ankles, knees, hips and back. WalkFit Classic's full-body conditioning helps take care of many of life's aches and pains. The extra-wide treadmill deck cushions your impact and minimizes the stress caused by walking outdoors on cement surfaces. In addition, WalkFit Classic is safer and easier to get on and off because you determine the pace of your workout. And there's no moving treadmill belt to throw you off balance.

WalkFit Classic means adaptability.

With WalkFit Classic you'll never have to change your workout routine because of weather conditions. The WalkFit Classic aerobic exerciser can be used anywhere, unlike motorized treadmills, which require an electrical outlet. WalkFit Classic is also quieter than most treadmills and doesn't have an electrical motor to break down or service.

This Owner's Guide provides you with the information you need to assemble and maintain your WalkFit Classic aerobic exerciser and how to use your WalkFit Classic and develop a personal fitness program.



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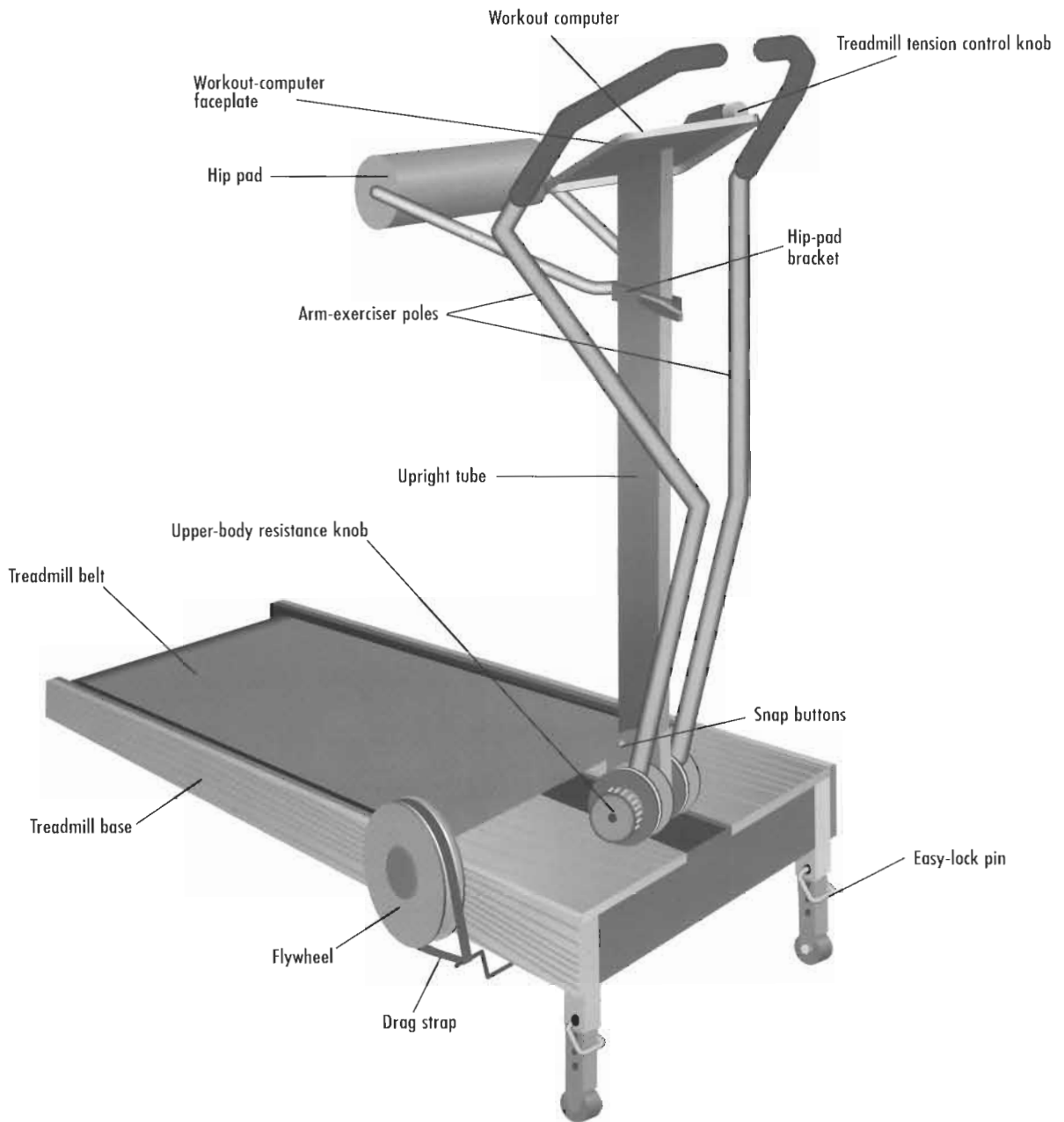
Customer Service Department

Monday - Friday 6:00 a.m.-6:00 p.m. MST
1 (877) 651-6119
www.iconfitness.com

The following pages contain important information that will help you maximize your workouts with the WalkFit Classic aerobic exerciser. Be sure to read this Owner's Guide thoroughly before using the machine.

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Parts



Please spend a moment to familiarize yourself with the WalkFit[®] Classic[™] parts and terminology in this photo before you assemble your WalkFit Classic.

First, we suggest that you unpack your WalkFit Classic aerobic exerciser where you intend to use it. Place a protective covering between the exerciser and your carpet or flooring. Please retain all packing materials for the duration of your in-home trial.

Box 1

Figure 1

- 1 Base

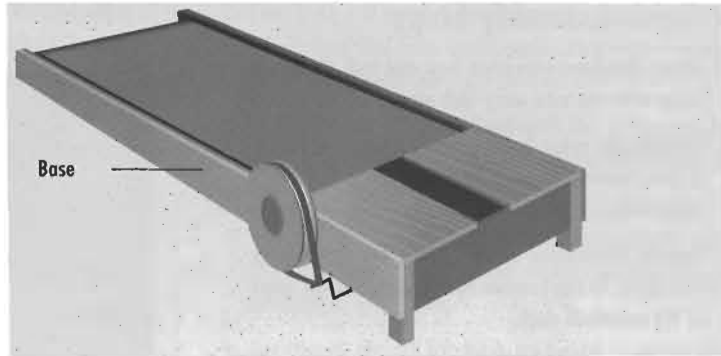


Figure 1

Box 2

Figure 2

- 1 Hip-pad assembly
- 1 Hip-pad knob
- 1 Carriage bolt
- 1 Cylindrical plastic sleeve
- 1 U-shaped plastic sleeve

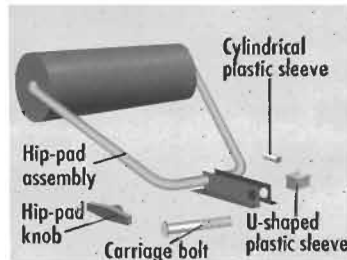


Figure 2

Figure 3

- 1 Upper-body exerciser (with tension cable and sensor cord attached)

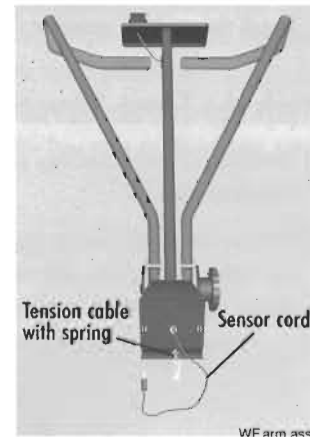


Figure 3

Figure 4

- 4 Bolts
- 2 Elevation legs with wheels
- 2 Easy-lock pins
- 1 Arm-exerciser locking pin
- 1 Electronics package
- 1 Information packet

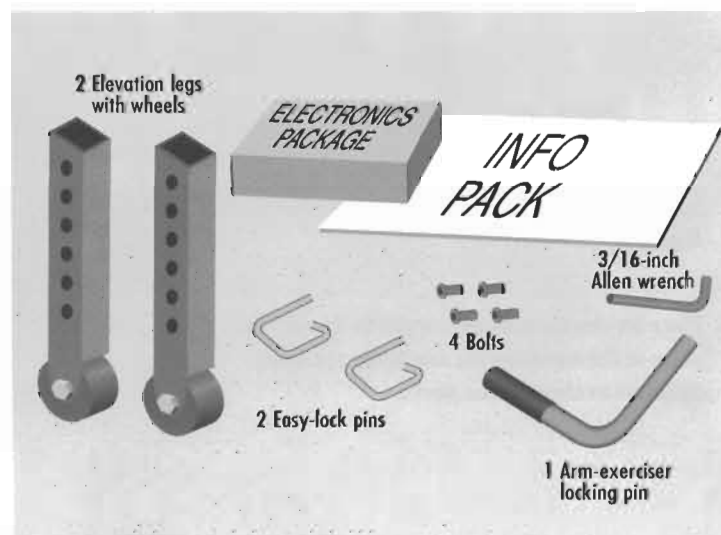


Figure 4

Tools Provided

3/16-inch Allen wrench
(Box 2 – Figure 4)

Assembly

Six Quick Assembly Steps

1. Attach the front-elevation legs and lock them into place with the two easy-lock pins.
2. Position the upper-body exerciser over the front of the treadmill base and secure it with the four Allen bolts.
3. Connect the tension spring (below the upper-body exerciser) to the tension rod underneath the front of the treadmill deck.
4. Snap the sensor cord (below the upper-body exerciser) to the underside receptacle.
5. Attach the hip pad to the upright tube.
6. Install the workout computer.

Attach the Front-Elevation Legs

1. Remove the elevation legs and the two easy-lock pins from Box 2.
2. Tilt the treadmill base to one side. There should be enough clearance to slide an elevation leg into the sleeve at the front of the treadmill deck (Figure 1).

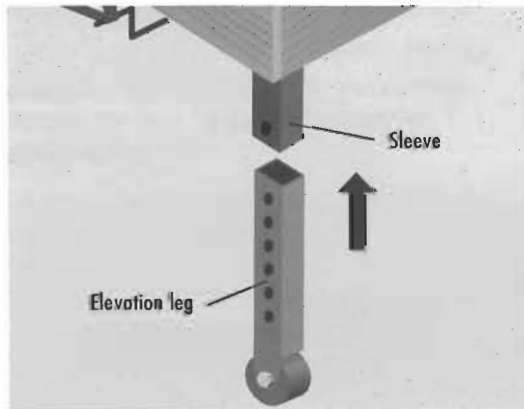


Figure 1

3. Place an elevation leg into a sleeve. Be sure the holes in the elevation leg are facing the same direction as those in the sleeve.

4. Align the holes in the leg and the sleeve. Insert the straight end of an easy-lock pin completely through the holes (Figure 2). Be sure the pin extends through both sides of the front-elevation leg and sleeve.

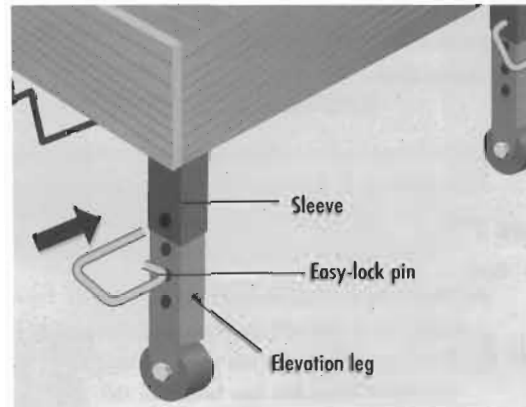


Figure 2

5. Rotate the bent side of the easy-lock pin down to secure it in place (Figure 3).

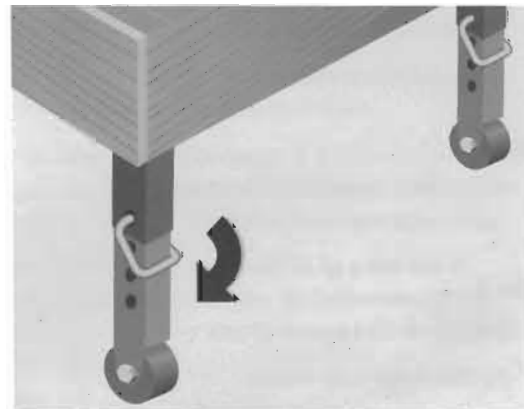


Figure 3

- Repeat steps 2 through 5 with the other elevation leg. Be sure to set the legs at the same level. Figure 4 shows the front elevation legs and easy-lock pins properly installed.

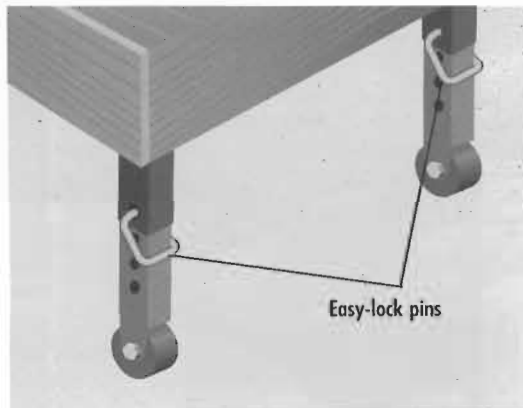


Figure 4

Attach the Upper-Body Exerciser

- Locate the sensor cord coming from the bottom of the upper-body exerciser. Unwrap the cord so it hangs free and straight.

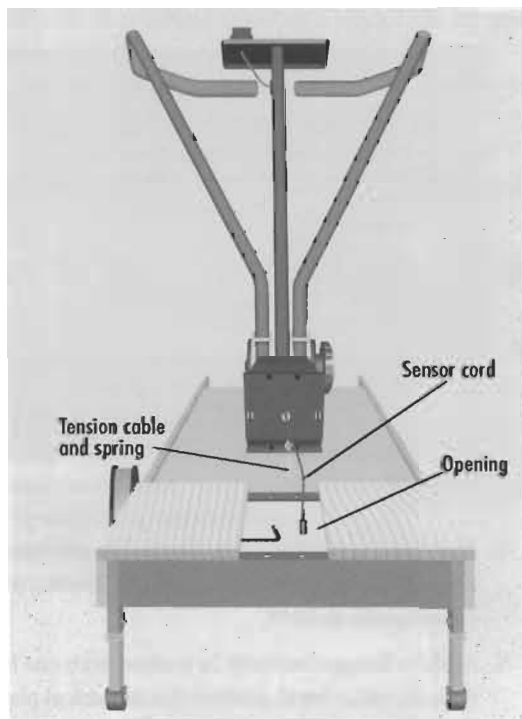


Figure 5

- Locate the tension cable hanging from the bottom of the upper-body exerciser; the tension cable has a spring attached to it.
- Position the upper-body exerciser over the front of the treadmill base (Figure 5). The workout computer faceplate and the treadmill-tension control knob at the top of the upper-body exerciser should face the rear of the treadmill deck.
- Insert the sensor cord and tension cable through the opening between the wood panels in the treadmill base (Figure 5).
- Align the four holes in the upper-body exerciser with the four holes in the treadmill base.

NOTE: Be sure that the sensor cord and tension cable are not pinched between the treadmill base and the upper-body exerciser.

- Insert the four bolts into the holes of the upper-body exerciser. Partially finger tighten each bolt as you insert it.

NOTE: Insert and partially tighten all four bolts before any one of the bolts is completely tightened.

- Tighten the bolts with the 3/16-inch Allen wrench (Figure 6).



Figure 6

- Make sure the snap buttons at the bottom of the upright tube are fully extended on both sides of the upright-tube support and locked in place.

Connect the Tension Spring and Sensor Cord

1. Lay the WalkFit® Classic™ aerobic exerciser on its left side (the side opposite the flywheel).
2. Attach the tension spring below the upper-body exerciser to the small hole in the tension rod (Figure 7). Be sure that the hole in the tension rod extends toward the rear of the base.

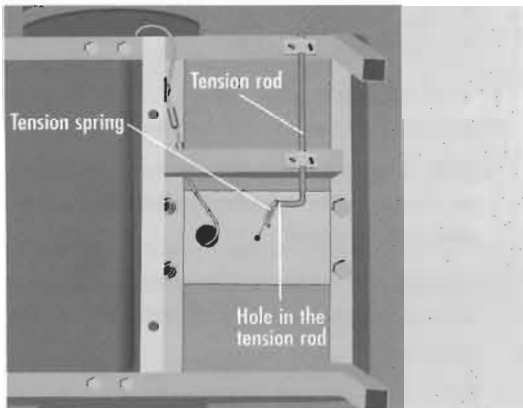


Figure 7

3. Route the sensor cord under the center frame support.
4. Snap the sensor cord to the underside receptacle of the flywheel sensor (Figure 8). The connection should be tight.

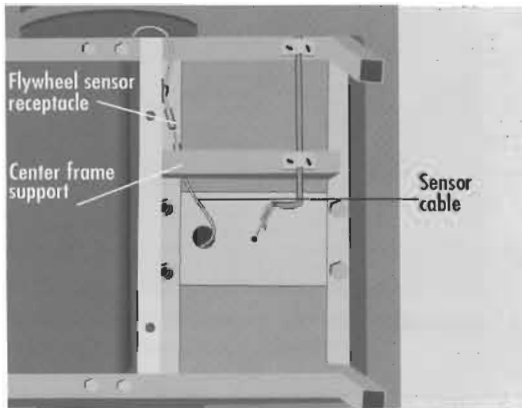


Figure 8

Attach the Hip Pad

1. Remove the hip-pad knob and carriage bolt from the hip-pad bracket (Figure 9).

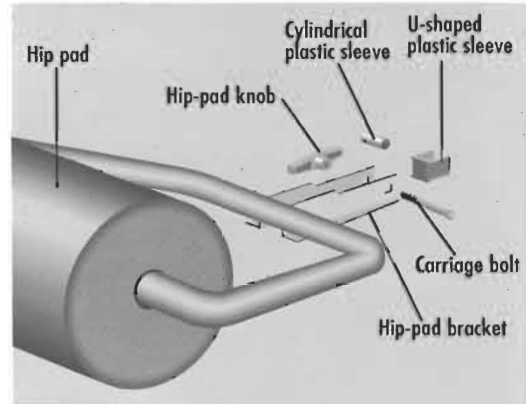


Figure 9

2. Make sure that the u-shaped plastic sleeve is inserted into the hip-pad bracket.
3. Increase the treadmill resistance by turning the treadmill tension control knob clockwise so that the treadmill belt does not move when you stand on it.

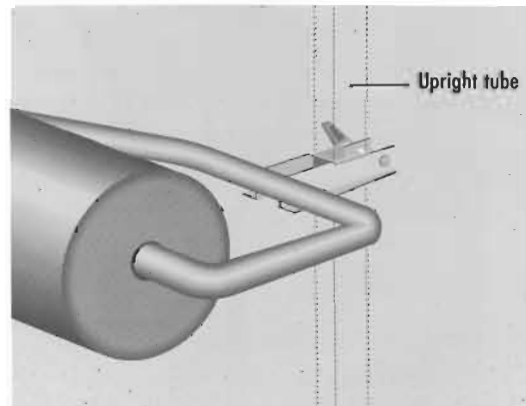


Figure 10

4. Stand on the treadmill belt. Fit the hip-pad bracket around the upright tube (Figure 10). The hip pad should angle upward.
5. Hold the hip pad assembly in position with one hand. With the other hand, position the cylindrical plastic sleeve between the two holes on the hip-pad bracket.

6. Insert the carriage bolt through the holes in the hip-pad bracket and through the cylindrical plastic sleeve. The bolt may be inserted from the left or the right.
7. Tighten the hip-pad knob onto the threaded end of the carriage bolt. This will secure the hip pad in place.

Install the Workout Computer

1. Remove the contents of the electronics package.
2. Press on the tab of the battery-case cover and remove it from the back of the computer.
3. Insert two AA-size batteries (not included) so the negative ends rest against the springs in the battery compartment. Make sure the batteries connect on both the positive and negative ends.

WARNING: The batteries must be installed as instructed. Do not carry batteries loose, such as in a purse or pocket. Batteries may explode or leak and cause injury if inserted improperly, misused, disposed of in fire or recharged.

4. Replace the battery-case cover.
5. Plug one end of the electronics cable into the jack on the back of the computer.
6. Bring the electronics cable through the opening in the workout-computer faceplate.
7. Set the computer into the opening in the workout-computer faceplate (Figure 11).

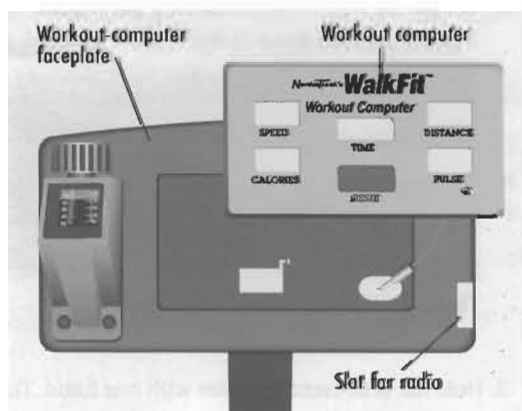


Figure 11

8. Locate the jack on the forward side of the upright tube (near the top). Plug the other end of the electronics cable into this jack (Figure 12).

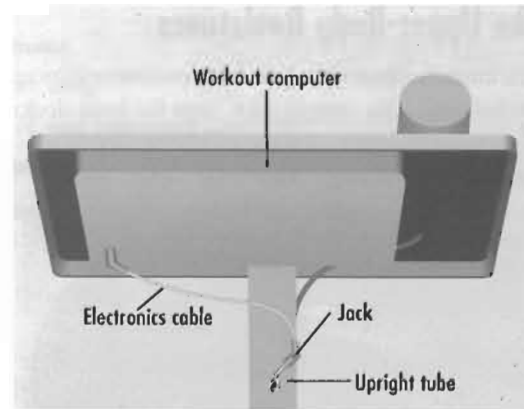


Figure 12

9. Follow the instructions included with your electronics package to program and use your computer.
10. Use the slot on the right side of the faceplate if you have a radio or tape player you want to use during your workout

Customize Your WalkFit Classic

The WalkFit® Classic™ aerobic exerciser has several adjustable features to accommodate your fitness level.

The Upper-Body Resistance

The knob to adjust the upper-body resistance is located at the bottom of the upright tube. Turn the knob clockwise to increase the resistance and counterclockwise to decrease the resistance (Figure 1).

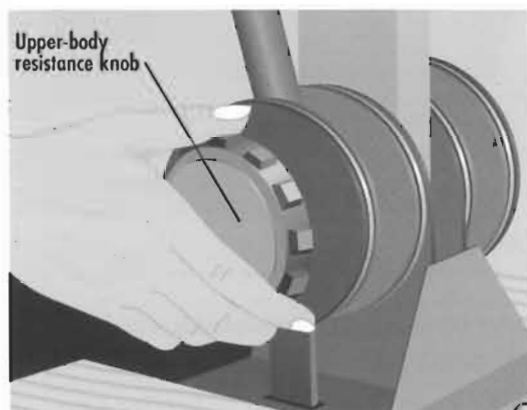


Figure 1

The Treadmill Resistance

NOTE: You should adjust the treadmill resistance only while you are using the treadmill. This will enable you to easily adjust it to a level that is comfortable for you and will prevent unnecessary wear on the resistance mechanism.

The treadmill tension control knob is found on the top of the upright tube next to the computer (Figure 2). A plastic, protective film covers the treadmill resistance window. You may remove and dispose of it.

While walking on the treadmill, turn the knob clockwise to increase the resistance and counterclockwise to decrease resistance. The red indicator below the tension control knob displays your resistance — the more red, the greater the resistance (Figure 2).

NOTE: You may need to turn the treadmill tension control knob quite a few times in order to see the red indicator in the window.

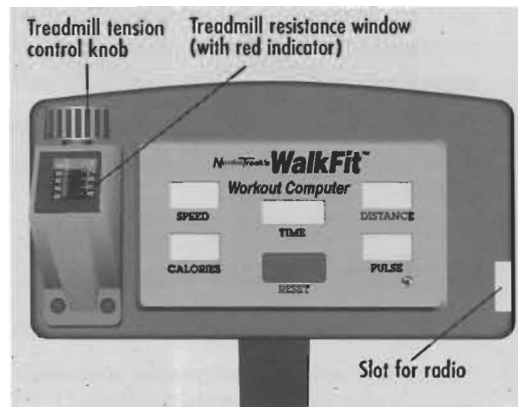


Figure 2

Do not turn the knob farther clockwise if the red indicator fills the window below the treadmill tension control knob. Do not turn the knob farther counterclockwise if the red indicator does not appear in the window.

The Arm-Exerciser Poles

Lock the arm-exerciser poles in place when you want to use the treadmill alone (lower-body exercise) or when your WalkFit Classic is not in use. Unlock the poles when you want upper-body exercise in addition to the lower-body, treadmill exercise.

Lock the Poles in Place

1. Locate the arm-exerciser locking pin (Figure 3). Place it near the front of the WalkFit Classic.



Figure 3

2. Hold the arm-exerciser poles with one hand. Turn the upper-body resistance knob until the arm-exerciser poles are movable, but stable, in the upright position.

- Choose the position of the arm-exerciser poles based on the length of your stride. As a general rule, the longer your stride, the further forward you should position the arm-exerciser poles. Lock the poles in the center hole if you walk with a long stride. Lock the poles in the forward position if you want to run on the treadmill without holding on to the poles.
- Align the slot in each of the arm-exerciser poles with either the center or rear set of locking holes in the upright-tube support (Figure 4).

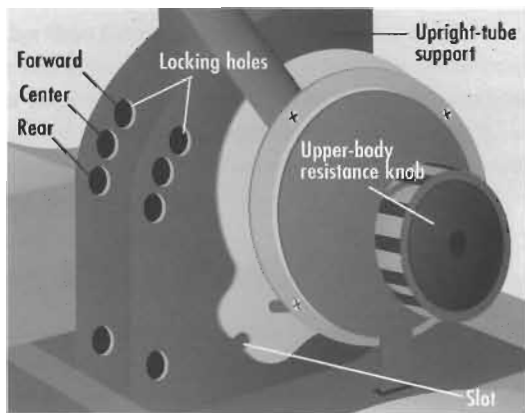


Figure 4

- Hold the arm-exerciser poles with one hand. Use your other hand to insert the uncapped end of the arm-exerciser locking pin completely through all the holes. The pin should fully extend through the slots in both of the arm-exerciser poles.
- Rotate the arm-exerciser locking pin down to secure it in place (Figure 5). The capped end of the pin should be perpendicular to the base.

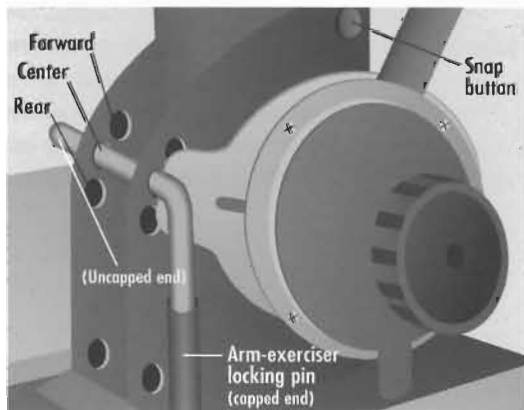


Figure 5

- Make sure the snap buttons at the bottom of the upright tube are fully extended on both sides of the upright-tube support and locked in place.

Unlock the Poles

If you prefer to use the treadmill in combination with the upper-body exerciser, you will need to remove the arm-exerciser locking pin from the locking holes.

- Hold on to both arm-exerciser poles with one hand.
- Use your other hand to remove the pin from the locking holes.
- Insert the arm-exerciser locking pin into the storage holes in the upright-tube support (Figure 6). Be sure the capped end of the pin extends toward the front of the base.

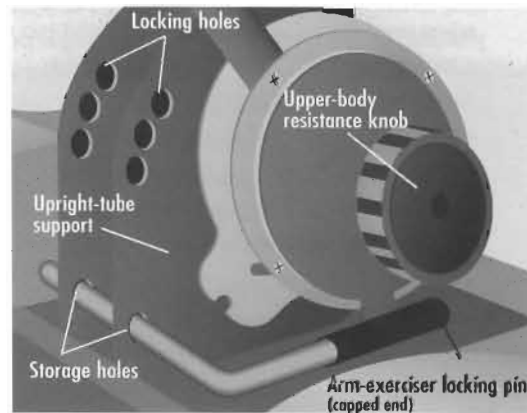


Figure 6

- Turn the upper-body resistance knob to adjust the arm-exerciser poles to the desired resistance setting.

The Front Elevation

You can change the front elevation of your WalkFit Classic™ to vary your workout. The elevation can be adjusted from six to eleven degrees.

1. Tilt the WalkFit Classic aerobic exerciser to one side so there is enough clearance to raise the treadmill deck on one side.
2. Rotate the bent side of the pin off the elevation leg to release the easy-lock pin.
3. Remove the easy-lock pin.
4. Adjust the elevation leg to the desired elevation and align the holes in the elevation leg with the corresponding holes in the sleeve. While you are learning to use the treadmill, set the elevation to the third hole from the bottom of the leg. Later, when your fitness level has improved and you want a more intense workout, you can lower the elevation to the first or second hole.
5. Insert the straight end of an easy-lock pin completely through the holes. Be sure that the end of the pin extends completely through both sides of the front elevation leg.
6. Rotate the bent side of the pin down onto the elevation leg to secure the easy-lock pin in place (Figure 7).

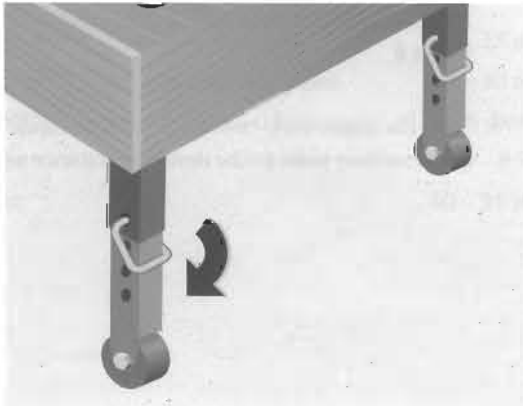


Figure 7

7. Repeat steps 1 through 6 with the other elevation leg and sleeve.

Fold Your WalkFit Classic for Storage

The WalkFit Classic aerobic exerciser is collapsible for convenient storage.

NOTE: You do not need to remove the hip pad to collapse your WalkFit Classic. Removing the hip pad is appropriate for long-term (over 30 days) storage or if you need to make your WalkFit Classic as compact as possible. If you prefer to leave the hip pad attached, skip step 1.

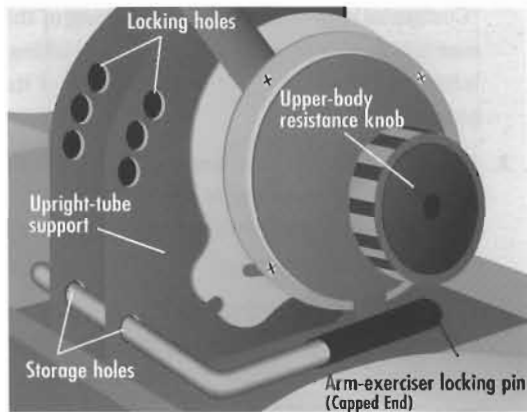


Figure 1

1. Loosen and remove the hip-pad knob and carriage bolt. Remove the hip-pad assembly from the upright tube.
2. If the arm-exerciser locking pin is inserted through the locking holes, remove it and place it in the storage holes in the upright-tube support (Figure 1). Be sure to hold on to both arm-exerciser poles with one hand as you remove the pin. The capped end of the arm-exerciser locking pin should extend toward the front of the base.
3. Lower the arm-exerciser poles until they rest on the treadmill deck.
4. Hold the upright tube in one hand and depress the snap buttons on both sides of the upright tube.
5. Lower the upright tube until it rests on the treadmill deck.

Operation

Before You Begin

CAUTION: Keep small children and pets away from the moving parts of the exerciser while it is in use.

1. The treadmill belt has been pre-lubricated at our factory. Slightly increase the lower-body or treadmill resistance before walking on the treadmill deck. Use caution when stepping on and off the treadmill deck. You may want to hold onto the locked arm-exerciser poles as you get on and off the exerciser.
2. Keep a protective covering under your exerciser at all times. Silicone drippings from the belt or deck may damage your flooring.
3. Be sure there is enough clearance for the flywheel to turn. There should be at least 1/2-inch between the flywheel and the floor. When the WalkFit™ Classic™ is on carpeting, the flywheel may touch the carpet. If this occurs, try increasing the elevation to raise up the flywheel. Or move the exerciser to flatter carpeting or an uncarpeted surface.
4. Check to make sure that the drag strap is properly adjusted. There should be no more than one-half inch to one inch of strap through the buckle when the leg-resistance knob is turned to its lowest level. Adjust the drag strap accordingly if there is more than one inch or less than one-half inch.
5. Make sure the snap buttons at the bottom of the upright tube are fully extended on both sides of the tube and locked in place.
6. Adjust the upper-body resistance, treadmill resistance, arm-exerciser poles and hip pad to a position that is comfortable for you. We recommend starting with the front elevation adjusted to the third hole from the bottom of the leg. Later, when your fitness level has increased and you want a more intense workout, you can lower the elevation to the first or second hole. Follow the instructions on page 10 to adjust the elevation.

IMPORTANT: It is essential to warm up and stretch your muscles before exercising. Follow the guidelines on pages 15 through 18.

Start With the Leg Motion Only

NOTE: You may want to hold on to the locked arm poles as you get on and off the machine.

1. **Lock the arm-exerciser poles in place.**
Place the arm-exerciser poles in either the rear or center locking positions as described in the “Customize Your WalkFit Classic” section of this manual. Be sure that the arm-exerciser locking pin is fully extended through the slots in both of the arm-exerciser poles.
2. **Adjust the front elevation to the third hole from the bottom of each elevation leg.**
You may wish to try a different elevation after you get comfortable walking on the treadmill surface.
3. **Check to make sure that the hip pad is properly adjusted.** The top of the hip pad should rest at hip level, about one inch below your navel. It should be high enough so that it does not restrict leg movement.
4. **Grasp the arm-exerciser poles in a grip that is comfortable for you.**
5. **Gently rest your hips against the hip pad.**
Check to make sure the hip pad is properly adjusted (Figure 1). The top of the hip pad should rest at hip level, about one inch below your navel. It should be high enough so that it does not restrict leg movement.

NOTE: The upright tube and hip pad were designed to flex while you work out.

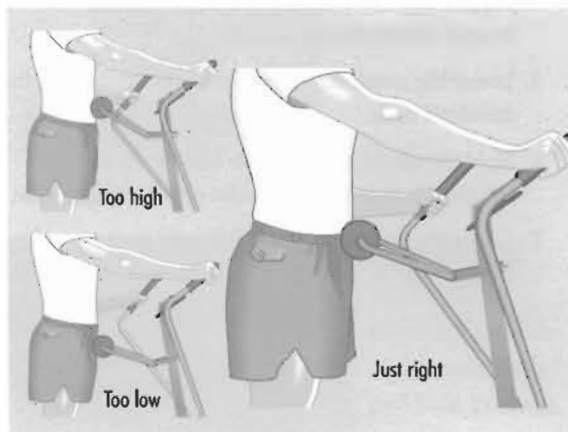


Figure 1

6. **Stand near the front of the treadmill and begin to walk at a slow pace.** Take normal, comfortable strides. Follow a heel-to-toe pattern. Maintain an upright and straight body position (Figure 2). Keep your weight on your feet. Use the arm-exerciser poles and hip pad for balance and stability only.

NOTE: As you walk on the treadmill, the flywheel should spin, but the drag strap will not.

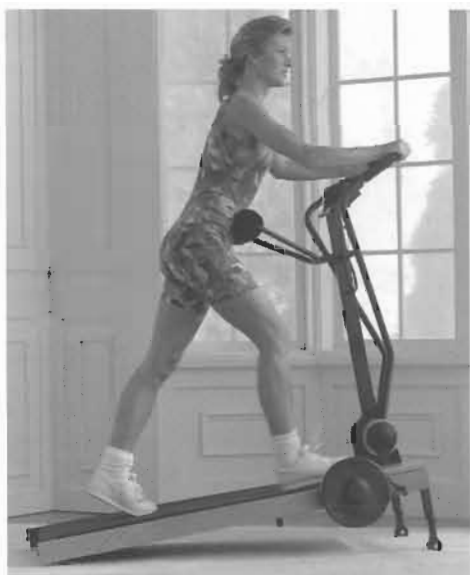


Figure 2

7. **Continue to walk and turn the treadmill tension control knob until the treadmill resistance is at a comfortable level.** Turn the knob only when you are walking; never force the knob. We recommend that you start with a lower resistance and increase it as your fitness level improves.

NOTE: Remember to use the arm-exerciser poles and hip pad for balance and support only. Keep your weight on your feet. Be sure to set the treadmill resistance high enough so you can maintain a stationary position on the treadmill.

8. **Once you are comfortable with the treadmill surface, begin to use the upper-body exerciser as described in the next section.** If you have trouble getting started with the leg motion, try elevating the front of the WalkFit Classic. Elevating the base aids the movement of the treadmill belt.

Use the Treadmill and the Upper-Body Exerciser

Use the upper-body exerciser as you walk to give you a total-body workout that is more effective than walking alone. You'll burn more calories and tone your upper body too!

1. **Unlock the arm-exerciser poles.** Hold on to the arm-exerciser poles with one hand. Remove the arm-exerciser locking pin with the other hand. Place the arm-exerciser locking pin in the storage holes at the bottom of the upright tube.
2. **Adjust the upper-body resistance knob to a setting that is comfortable for you.**
3. **Gently rest your hips against the hip pad.**
4. **Grasp the arm-exerciser poles.**
5. **Begin to walk.** Take comfortable strides and follow a heel-to-toe pattern.
6. **Set the treadmill resistance to a level that is comfortable for you.** Adjust the treadmill resistance only while you're using the treadmill.
7. **Begin to move your arms in harmony with your legs,** pushing and pulling the arm-exerciser poles as you do so. When your right leg is forward, your right arm should be back. When your left leg is forward, your left arm should be back (Figure 3).



Figure 3

It may help you to envision your right leg coming to meet your right arm and your left leg coming to meet your left arm. Do not bring the poles so far back that they hit your body. Keep your weight on your feet. Use the arm-exerciser poles and hip pad for balance and stability only.

NOTE: If you are unable to achieve or maintain a smooth, rhythmic stride, it may be easier to get the treadmill belt moving if you adjust the elevation to a higher level.

- 8. If you like, progress to jogging or running once you are comfortable with walking on the WalkFit Classic.** Try jogging or running while holding onto the poles in the center or rear locking positions. Add the upper-body exerciser when you feel ready to do so (Figure 4). Or, if you wish, lock the arm-exerciser poles in the forward position and swing your arms naturally at your sides as you jog or run.

CAUTION: Lock the arm-exerciser poles in one of the three upright positions when your WalkFit Classic is not in use.

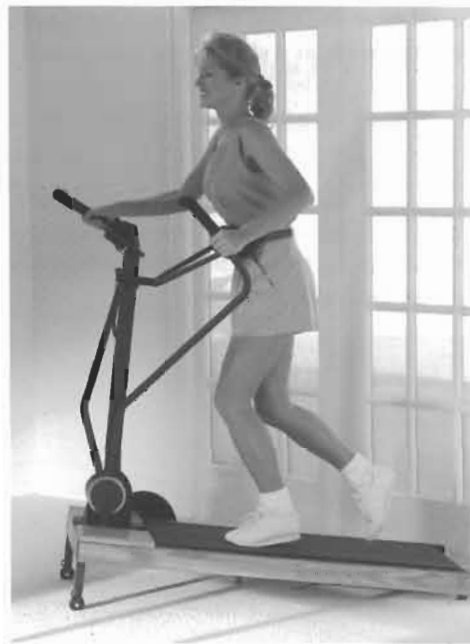


Figure 4



Your Personal Fitness Program

This section was developed by exercise physiologists at The National Exercise For Life Institute to help maximize your use and enjoyment of the WalkFit® Classic™ aerobic exerciser.

We recommend that you consult your physician before beginning any exercise program.

Set Goals for Yourself

Finding the motivation to exercise and make positive lifestyle changes can be challenging. Set attainable, realistic goals and reward yourself when you reach them. Below are some examples of typical goals:

- Enhanced quality of life
- Improved personal appearance
- Weight management
- Greater muscle tone and strength
- Improved stamina and athletic performance

Exercise Progression

The purpose of an exercise program is to develop physical fitness. A program consists of six essential parts which should be performed in the following order:

1. Warm-up
2. Stretching
3. Aerobic conditioning
4. Cool-down
5. Strength conditioning
6. Stretching

1. Warm-Up

The warm-up prepares your body and mind for vigorous exercise. It is your best insurance against unnecessary injury and muscle soreness — common reasons for quitting an exercise program. We suggest that you warm up with three to five minutes of slow exercise on your WalkFit Classic aerobic exerciser.

2. Stretching

Stretching prepares your muscles for the activity they will be undertaking. A pliable, well-stretched muscle is less susceptible to injury. Recommended stretches are described on page 18.

3. Aerobic Conditioning

To create the desired improvements in personal health, aerobic conditioning must include the proper frequency, duration and intensity.

Frequency

Frequency refers to the number of workouts per week. The recommended number of workouts is three to five days per week. However, four to five workouts per week maximizes fat reduction and cardiovascular development.

Duration

Duration is the amount of time that the proper intensity level is maintained. The timer function of the computer can help you track your workout duration. Beginners should start with 10 to 20 minutes of aerobic activity; those in average physical condition should exercise for 20 to 30 minutes; and highly fit people should work out for 30 to 60 minutes.

Intensity

Intensity refers to how hard you exercise and is determined by monitoring your heart rate. See the section on the next page, Monitoring Your Heart Rate.

4. Cool-Down

It is important to cool down in order to slowly decrease your heart rate after it has been elevated. This is most effectively and safely done by keeping your legs moving at a slower pace for at least five minutes following the aerobic phase.

5. Strength Conditioning

A strength-conditioning program is an essential component of any exercise program. It adds lean muscle mass to the body and aids in burning body fat.

6. Stretching

Stretching after exercise helps decrease muscle soreness. We recommend that you complete the stretches described on page 18.

Monitoring Your Heart Rate

Monitoring your heart rate is a crucial part of any exercise program. There are three key terms to understand when monitoring your heart rate: resting heart rate, maximum heart rate and target heart rate.

Resting Heart Rate

Take your heart rate before you begin to work out. This is your resting heart rate. After you have finished your aerobic workout and cool-down, take your heart rate again. If you have cooled down properly, your heart rate should have nearly returned to its resting heart rate. It is very important that you cool down slowly in order to return to your resting heart rate. As you become more fit, your resting heart rate may actually decrease. You may also notice that your heart rate begins to return to its resting heart rate more quickly during your cool-down.

Maximum Heart Rate (MHR)

Your maximum heart rate is the maximum number of times that your heart can “pump” during a minute. To determine your approximate maximum heart rate, subtract your age (in years) from 220. This will give you a fairly accurate maximum heart rate number, but only clinical stress testing can provide a precise MHR reading.

Target Heart Rate

Your target heart rate is expressed as a percentage of your maximum heart rate. We recommend that you strive to exercise at 70% to 85% of your maximum heart rate. Beginning exercisers, however, may need to start out with a target heart rate of 60% to 70% of their maximum heart rate. The chart on the next page shows target heart rate ranges for beginner, intermediate and advanced exercisers. Use the chart to determine the proper target heart rate for your workouts.

We recommend that you check your target heart rate at least twice during each aerobic conditioning session. First, check it to be sure that you have reached the proper intensity. Then, check it near the end of your workout to verify that you have maintained your target heart rate for the recommended period of time.

Taking Your Heart Rate (Pulse)

Touch your left wrist, one-fourth of an inch from the wrist joint at the base of thumb, with the index and middle fingertips of your right hand (Figure 1). Relax your left thumb and roll your hand so your palm is facing up. Your right index and middle fingers should remain flat along your left wrist. Apply minimal pressure with both fingers — let the beat come to your fingers.



Figure 1

Helpful Hints

- Lower your wrist below your heart level. This will make your heart rate stronger and easier to feel.
- If you can't find your pulse, try using the opposite wrist and hand.

Target Heart Rate Zones Chart

Age	Beginner 60%-70% of MHR*		Intermediate 70%-80% of MHR*		Advanced 80%-85% of MHR*	
	10 seconds	One minute	10 seconds	One minute	10 seconds	One minute
19/under	20 – 24	121 – 141	24 – 27	141 – 161	27 – 29	161 – 171
20 – 24	20 – 23	118 – 140	23 – 27	137 – 160	26 – 28	157 – 170
25 – 29	19 – 23	115 – 137	22 – 26	134 – 156	26 – 28	153 – 166
30 – 34	19 – 22	112 – 133	22 – 25	130 – 152	25 – 27	149 – 162
35 – 39	18 – 22	109 – 130	21 – 25	127 – 148	24 – 26	145 – 157
40 – 44	18 – 21	106 – 126	21 – 24	123 – 144	24 – 26	141 – 153
45 – 49	17 – 21	103 – 123	20 – 23	120 – 140	23 – 25	137 – 149
50 – 54	17 – 20	100 – 119	19 – 23	116 – 136	22 – 24	133 – 145
55 – 59	16 – 19	97 – 116	19 – 22	113 – 132	22 – 23	129 – 140
60/over	16 – 19	96 – 112	19 – 21	112 – 128	21 – 23	128 – 136

*Figures are rounded to the nearest whole number.

Training Tips

1. Consult your physician before beginning any exercise program. If you are taking any medication that affects your heart rate, blood pressure or cholesterol level, a physician's advice is absolutely essential.
2. Be very aware of your body's signals and react to them accordingly. Your heart rate may be affected by such things as stress, caffeine, nicotine or prescription drugs. You should be able to whistle or maintain a normal conversation while you are exercising at the appropriate intensity. While most people have a maximum heart rate close to 220 minus their age, others will have a maximum heart rate that varies greatly from that figure. A true maximum heart rate can be determined only by clinical stress testing.
3. Begin slowly. If you haven't exercised for a long time, begin with three to five minutes of slow walking a day and progress gradually. Remember, changing your lifestyle takes time.
4. Don't overexert yourself. Stop exercising if you experience any unusual discomfort or signs of overexertion, lightheadedness, dizziness, nausea or extreme breathlessness. Other symptoms include prolonged fatigue (more than an hour) or pain of the muscles or skeletal system.
5. Commit to making exercise a part of your lifestyle. Set aside specific days and times for your workouts.
6. Make your exercise time more enjoyable. While exercising on the WalkFit Classic™ aerobic exerciser, you can listen to music or a book on tape or watch your favorite television show.
7. Always wear exercise clothing such as shorts and a T-shirt and absorbent socks. A headband will help keep perspiration out of your eyes. It is important that you wear comfortable athletic shoes.

Recommended Stretches

Hold each stretch for 15 to 30 seconds without bouncing. Always stretch both sides of your body.



1.

Shoulder Stretch

Pull your elbow across your chest. Repeat with your other arm.



2.

Back and Arm Stretch

Pull your elbow behind your head. Keep your head facing forward. Repeat with your other arm.



3.

Quadriceps Stretch

Pull your heel slowly toward your buttocks. Repeat with your other leg.



4.

Calf Stretch

Extend one leg behind you; keep that heel on the floor. Lean forward using a wall to maintain your balance. Repeat with your other leg.



5.

Hamstring Stretch

Position your legs as shown and bend forward from your hips. Be sure to keep your back straight. Repeat with your other leg.



6.

Inner-Thigh Stretch

Put the bottoms of your feet together and press your knees toward the floor.



7.

Lower-Back and Hip Stretch

Pull each knee to your chest. Then pull both knees to your chest at the same time.

Essentials of Weight Management

Being overweight is risky business. Obesity increases your risk of high blood pressure and diabetes. It may also raise your blood cholesterol and triglyceride levels. These factors add up to a higher risk of heart disease and stroke.

What's the Ideal Weight for You?

Ideal body weight varies from person to person, depending on genetics, height and body structure. Height and weight tables that attempt to predict ideal body weight based solely on body height can be misleading.

Rather than focusing on weight alone, you should concentrate on your body composition: the percentage of your weight that is coming from fat. Ideally, a man's body fat should be 15 to 20 percent of his total weight. A woman's body fat should be between 20 and 25 percent of her total body weight.

Diets Alone Don't Work.

There are no miracle diets that can help you lose weight. Diet plans low in calories may achieve some weight loss, but they make it hard to get all the nutrients that you need. And crash diets fail because they don't change your eating habits permanently. Proper weight loss and management occurs with a combination of a sensible diet and aerobic exercise. That sounds simple enough, but if you have ever tried to lose weight you know that it takes motivation and determination!

Exercise Helps You Keep it Off.

Proper weight loss occurs at a rate of one to two pounds per week. Long-term success depends on proper eating habits complemented by a regular exercise routine. Exercise helps you burn calories both during and after exercise. Aerobic exercise is one of the best types of exercises you can perform. The most effective known forms of aerobic exercise are cross-country skiing, running (jogging), rowing, biking and brisk walking.

Spot Reduction is a Myth.

Exercising one part of your body won't take off the fat in that specific area. In fact, research shows that the areas in which you gain and lose fat are genetically determined. Only a regular program of exercise and a nutritious diet can assure you of a healthy, safe and natural weight loss. The fastest way to a trim tummy or firm thighs is a regular program of total-body aerobic conditioning. Plus, you'll be pleasantly surprised when the weight comes off in other places!

Exercise for Weight Loss.

Consistent exercise at the proper intensity, combined with a sensible diet, will create a calorie deficit and result in weight loss. An ideal program for weight loss is to exercise at an intensity of 70 to 85 percent of your Maximum Heart Rate (MHR) for 30 to 60 minutes four to five times a week. (Beginning exercisers may need to start at 60 to 70 percent of their MHR and progress to the higher intensity.) Participating in a strength conditioning program on an every-other-day basis can also supplement this type of training by increasing your muscle mass, which is your body's primary calorie burner.

Make Exercise a Way of Life.

The "yo-yo" cycle of weight loss is not only stressful mentally, it also takes its toll on the heart. In the long run, the only way to stay healthy is to make exercise a way of life. Instead of thinking of exercise as a chore, think of it as a way to jump start your morning or as your time to unwind. Ironically, when people feel they are too busy or too stressed out to exercise, that's exactly when they need it the most. Exercise provides natural stress relief in the form of endorphins, your body's own painkillers. Your body releases endorphins when you exercise. So, the next time you feel too busy or stressed out to exercise, remember that exercise is "nature's best tranquilizer."

Workout Programs

When you begin an exercise program, five to ten minutes of exercise may be sufficient. Slowly increase your workout duration as you are able to do so. Take rest periods if you need them.

Standard Workout Programs

Beginner

Walking (poles locked in place):	10 minutes
Walking while using arm-exerciser poles:	10 minutes
Frequency:	2 – 3 days per week
Intensity:	60% – 70% of your maximum heart rate
Duration:	20 minutes

NOTE: If you have trouble getting started on the treadmill, try elevating the front of the WalkFit® Classic™. When the base is elevated, gravity aids the movement of the treadmill belt.

Intermediate

Walking (poles locked in place):	15 – 20 minutes
Walking while using arm-exerciser poles:	10 – 20 minutes
Frequency:	3 – 4 days per week
Intensity:	70% – 80% of your maximum heart rate
Duration:	25 – 40 minutes

Advanced

Walking (poles locked in place):	20 – 25 minutes
Walking while using arm-exerciser poles:	20 – 30 minutes
Frequency:	4 – 5 days per week
Intensity:	80% – 85% of your maximum heart rate
Duration:	40 – 55 minutes

Workout Programs for Mature Exercisers

Beginner

Walking (poles locked in place):	10 – 20 minutes
Frequency:	2 – 3 days per week
Intensity:	60% – 65% of your maximum heart rate
Duration:	10 – 20 minutes

NOTE: If you have trouble getting started on the treadmill, try elevating the front of the WalkFit Classic. When the base is elevated, gravity aids the movement of the treadmill belt.

Advanced Beginner

Walking (poles locked in place):	15 minutes
Walking while using arm-exerciser poles:	5 – 15 minutes
Frequency:	3 – 4 days per week
Intensity:	60% – 65% of your maximum heart rate
Duration:	20 – 30 minutes

Intermediate

Walking (poles locked in place):	20 – 25 minutes
Walking while using arm-exerciser poles:	10 – 15 minutes
Frequency:	3 – 4 days per week
Intensity:	65% – 75% of your maximum heart rate
Duration:	30 – 40 minutes

Advanced

Walking (poles locked in place):	30 minutes
Walking while using arm-exerciser poles:	5 – 20 minutes
Frequency:	4 – 5 days per week
Intensity:	75% – 85% of your maximum heart rate
Duration:	35 – 50 minutes

The WalkFit® Classic™ aerobic exerciser is built to require minimal maintenance. Perform the following maintenance to help ensure the safe and efficient operation of your WalkFit Classic exerciser. We recommend that you wipe your WalkFit with a clean, dry cloth after each workout. Be sure to wipe both the treadmill belt and the treadmill deck beneath it.

Maintenance Schedule

What:	When:
<ul style="list-style-type: none"> Wipe treadmill deck and belt with clean, dry cloth. 	<ul style="list-style-type: none"> After each workout.
<ul style="list-style-type: none"> Lubricate treadmill deck. 	<ul style="list-style-type: none"> After 12-15 hours of walking or jogging.
<ul style="list-style-type: none"> Clean drag strap and flywheel. 	<ul style="list-style-type: none"> On a monthly basis.
<ul style="list-style-type: none"> Oil upper-body exerciser brake pads. 	<ul style="list-style-type: none"> Only if arm-exerciser poles squeak or if the upper-body resistance feels uneven.
<ul style="list-style-type: none"> Adjust treadmill resistance. 	<ul style="list-style-type: none"> Only if belt become too tight, too loose or moves too much to one side.

Lubricate Your Treadmill Deck

Note: Before you lubricate the deck, wipe the treadmill belt and treadmill deck with a clean, dry cloth.

After every 12 to 15 hours of walking or jogging on your treadmill, you should lubricate the treadmill deck. Call our Customer Service Department at the toll-free phone number on your invoice to obtain a lubrication kit. It is important that you use only the lubricant obtained through NordicTrack: other lubricants may damage your treadmill belt or deck. Be sure to place a protective covering under your exerciser both during and after lubrication. Silicone may drip from the belt and deck.

Care for Your Flywheel and Drag Strap

Periodically inspect the flywheel and drag strap for a buildup of dirt or gummy residue. If such a buildup does exist, clean the flywheel and drag strap as instructed in the sections that follow. A clean flywheel and drag strap will help ensure smooth, even resistance on the treadmill. We recommend that you clean both the drag strap and the flywheel on a monthly basis.

Remove and Clean the Drag Strap

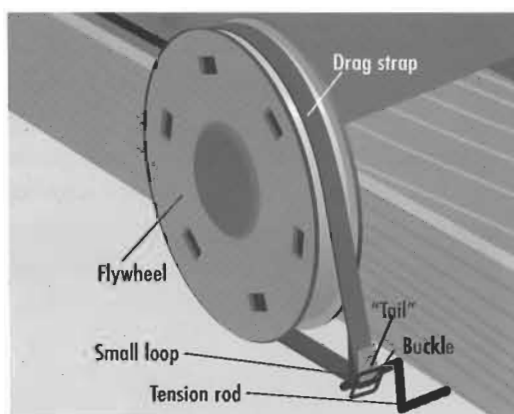


Figure 1

1. Place a protective covering on your floor.
2. Set the treadmill resistance at its lowest setting.
3. Disconnect the drag strap and remove it from the flywheel. Be sure to note how the drag strap is routed on the WalkFit Classic (Figure 1).
4. Scrub both sides of the drag strap with a dry, clean cloth or a stiff-bristled brush. Or, hold the ends of the drag strap in your hands and snap the drag strap. NEVER wash the drag strap with water or any cleaner because it will shrink.
5. Follow the instructions below to clean the flywheel before you reattach the drag strap.

Clean the Flywheel

With the drag strap removed, wipe the surface of the flywheel with a clean cloth dampened with rubbing alcohol. If there is any rust or corrosion on the flywheel, follow these steps:

1. Use fine or very fine steel wool to spot rub any rust or corrosion. Rub the entire flywheel if necessary. Do not press hard enough to scratch the surface.
2. Wipe the flywheel with a clean, dry cloth to remove the residue. NEVER place oil between the flywheel and the drag strap; this will damage the drag strap.

Replace the Drag Strap

NOTE: To extend the wear of your drag strap, replace it with the reverse side against the flywheel.

1. Slide the small loop around the tension rod. Be sure the "tail" of the strap is toward the ceiling and the tension rod bends upward (Figure 1).
2. Slip the drag strap over the flywheel (Figure 1).
3. Be sure the drag strap is properly calibrated. There should be between 1/2-inch and one inch of "tail" at the end of the drag strap. If the "tail" is longer than an inch, or shorter than 1/2-inch, adjust it accordingly.

NOTE: When the drag strap is properly installed, the flywheel will spin with the movement of the treadmill belt, but the drag strap should not spin.

Oil the Upper-Body Exerciser

There are four round, leather brake pads at the base of the upper-body exerciser. If they begin to squeak or if the resistance is uneven, you will need to disassemble the upper-body exerciser to oil them.

Disassemble the Upper-Body Exerciser

CAUTION: The arm-exerciser poles or brake pads may be greasy. Place a protective covering on your floor.

NOTE: Right and left references in this section mean what would be the right (or left) side if you were standing on the treadmill facing the upright tube.

1. Collapse the WalkFit® Classic™ exerciser. Refer to the "Fold Your WalkFit Classic for Storage" section of this Owner's Guide.
2. Turn the upper-body resistance control knob counterclockwise until the knob comes off. Set the knob aside.
3. Remove the washer, bearing, washer assembly from the large bolt.
4. Slide the right brake-pad plate (and the attached brake pad) off the large bolt (Figure 2).

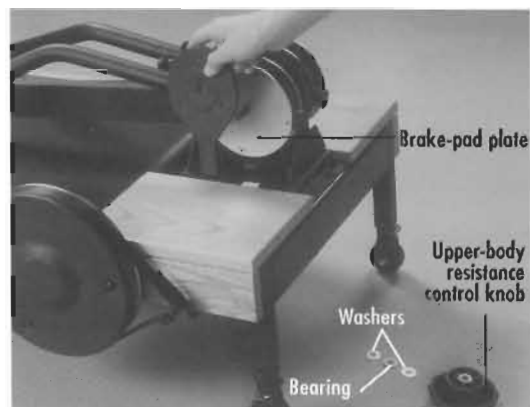


Figure 2

5. Remove the right arm-exerciser pole.
6. Partially remove the large bolt from the base. You will need to push the bolt through the upright tube. The bolt will still be inserted through the left arm-exerciser pole and brake-pad plate.

NOTE: The upright tube will drop out of position when the bolt is removed.
7. Remove the large bolt from the left arm-exerciser pole and brake-pad plate.

8. Gently pull the left arm-exerciser pole and brake-pad plate off the machine (Figure 3).

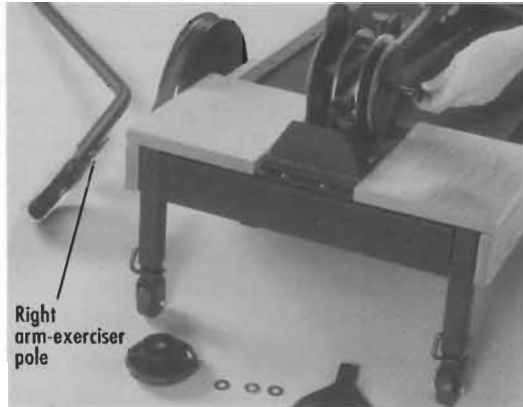


Figure 3

NOTE: The brake-pad plates and brake pads are interchangeable. The arm-exerciser poles are not. Be sure to note the original position of the arm-exerciser poles so that you replace them correctly.

Oil the Brake Pads

NOTE: Remember to place a drop cloth or protective cover on your floor.

1. Remove the four brake pads (Figure 4) from the upright-tube support and brake-pad plates.

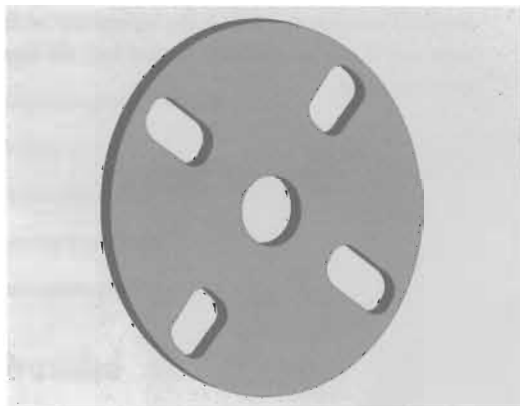


Figure 4

2. Use 100-grit sandpaper to roughen the smooth side of each of the four brake pads. This will enable the oil to penetrate the pads properly.

NOTE: Do not press too hard with the sandpaper. You need only rub hard enough to remove some of the shine from the surface of the brake pad.

3. Place 2 to 3 drops of light household oil on each of the brake pads. Spread the oil evenly over the entire surface of each pad.
4. Let the oil absorb for 8 hours before reassembling the upper-body exerciser.
5. Reattach the brake pads to the tabs on the upright-tube support and the brake-pad plates. The smooth side of each pad should face away from the upright-tube support or the brake-pad plate.

NOTE: Be sure that the four slots in the brake pads are secured to each of the four tabs on the upright tube or brake-pad plates.

Assemble the Upper-Body Exerciser

The illustration below (Figure 5) shows the WalkFit[®] Classic™ with the upper-body exerciser completely disassembled. You will need to put it back together in reverse order.

1. Realign the holes in the upright tube with the holes in the upright-tube support.
2. Partially insert the large bolt through the left brake-pad plate and the arm-exerciser pole. The threaded end of the bolt should be just visible through the arm-exerciser pole. The head of the bolt should be on the metal side of the brake-pad plate.

3. Stand at the left side of the base and insert the tab at the bottom of the brake-pad plate into the slot in the base. Align the holes in the arm-exerciser pole with the upright-tube support and push the bolt through all the holes. Be sure the bolt passes over the cabling located inside the upright tube.

NOTE: To assist in the reassembly, stand at the left side of the base and use your leg to help hold the arm-exerciser pole in position.

4. Position the right arm-exerciser pole on the bolt.
5. With the brake pad toward the arm-exerciser pole, insert the tabbed end of the brake-pad plate into the slot in the base. Fit the bolt through the brake-pad plate.
6. Slide the washers and bearing onto the bolt in this order: washer, bearing, washer.

7. Reattach the upper-body resistance knob. Tighten the knob until the assembly fits closely together.
8. Return the arm-exerciser poles and the upright tube to their upright positions.

Adjust the Treadmill Resistance

If the treadmill belt resistance becomes too loose, too tight or moves to one side, it can be adjusted. If the treadmill belt has moved so far to one side that you are unable to see the rear roller on that side, center it as follows:

IMPORTANT: The two guides beneath the treadmill deck are designed to keep the belt centered. The belt is cut slightly wider than the space between the two guides, so it will curl up on each side. This is normal and will not damage the treadmill belt.

1. If the treadmill belt is too far to the left side of the treadmill deck, stand on the left side of the machine. If the treadmill belt is too far to the right side of the treadmill deck, stand on the right side of the machine.
2. Use your foot (the one nearest the treadmill) to rotate the treadmill belt several times.
3. If the belt is still off-center or if it is too loose or too tight, continue with the following steps. Otherwise, stop after step 2.

IMPORTANT: Step 4 is intended to be a last step in treadmill maintenance. Follow the instructions on this page only if you have already cleaned both the flywheel and drag strap.

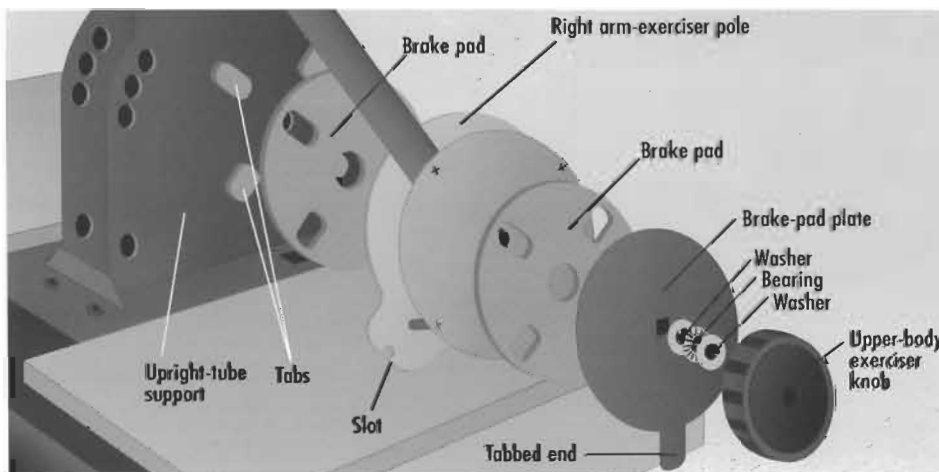


Figure 5

- Use the 3/16-inch Allen wrench provided on adjustment bolts at the rear of the treadmill deck to adjust the treadmill resistance. (Figure 6). The treadmill is properly adjusted if you are able to slip your hand between the belt and the treadmill deck.

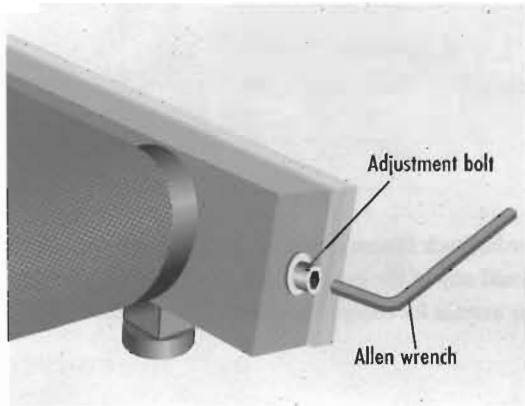


Figure 6

To loosen or tighten the belt:

- If the treadmill belt is too tight, turn both adjustment bolts counterclockwise. Adjust each bolt equally a quarter turn at a time.
- If the treadmill belt is too loose, tighten it by turning both bolts clockwise. Adjust each bolt equally a quarter turn at a time.

To realign the belt:

- If the belt is moved over to the left, turn the adjustment bolt on the right counterclockwise and the adjustment bolt on the left clockwise. Turn each bolt equally a quarter turn at a time.
 - If the belt is moved toward the right, turn the adjustment bolt on the right clockwise and the adjustment bolt on the left counterclockwise. Turn each bolt equally a quarter turn at a time.
- Walk on the treadmill so that the treadmill belt rotates six to ten times.
 - Check the position of the treadmill belt. If the belt is not centered, repeat steps 1 through 4 until the belt is centered between the two guides under the machine.

- If your treadmill resistance is still too tight or too loose, follow the steps below.
- Lock the arm-exerciser poles in the forward position.
- Carefully tip the machine forward by lifting the back end of the machine. Rest the machine on the arm-exerciser poles.

CAUTION: Check the stability of your WalkFit Classic aerobic exerciser before you perform the following steps.

- Use an adjustable wrench to loosen the nut on the tension control wire assembly (Figure 7). You do not need to remove the nut.
- If the treadmill belt is too tight, pull the tension control wire from the hole in the screw to decrease the length of the wire that will protrude from the hole in the screw (Figure 7).

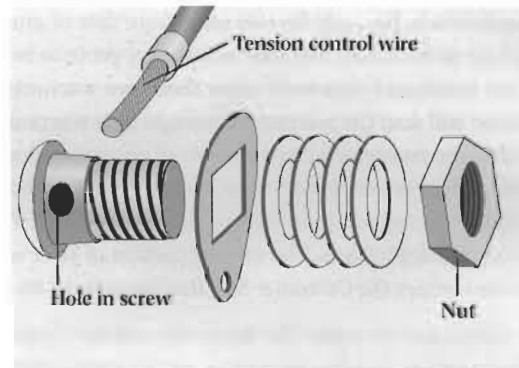


Figure 7

- If the treadmill belt is too loose, pull the tension control wire through the hole in the screw so that more wire will protrude from the screw (Figure 7). Replace the nut and tighten it.
- Return the WalkFit Classic to its upright position.
- Walk on the treadmill to test the resistance level.

CUSTOMER INFORMATION

Please call toll free to our Customer Service Department with questions concerning the use or operation of your NordicTrack equipment. Our representatives are available:
Monday - Friday 6:00 a.m. to 6:00 p.m. MST

1 (877) 651-6119

Visit our website at www.iconfitness.com
or e-mail us at service@iconfitness.com.